

Abstract

Title: Pedagogy of Yoga Asanas in Relationship to the Public Health

Objectives: The aim of this thesis is to describe selected forward bend asanas according to the literature, compare the performance and instructions given during lessons with our research. We would like to find out whether a student's health condition is being asked of and considered by the tutor and whether there is a connection between the education of the tutor and their ability to provide appropriate directions. Evaluation of the possibilities for the use of yoga in physiotherapy.

Methods: It is descriptive research of theoretical and empirical character, where research, observation, guided interview and comparison of acquired data were used.

Results: Among the chosen asanas we found discrepancies in literature research. There were discrepancies among the theoretical background of asanas and their pedagogy in yoga classes. Two thirds of tutors do not ask about an individual's health limitations. A connection between tutors' education in yoga and ability to provide appropriate directions during classes has been not confirmed nor was a connection between medical education in the tutor and their ability to lead quality class. 20% of classes included less than three forward bend asanas and there was a class with none.

Key words: yoga, asana, pedagogy, forward bend